

PRIMETIME FUN

Activities for the Mature Adult Lifestyle

**Check out our
fitness classes
on pages 9-10!**



Fall/Winter

July - December 2007

www.aceacorn.com



STAFF

James Turner	Senior Facility Manager
Sheila Wiemers.....	Program Coordinator
Alvin Moore	Event Service Aid
Lonzetta Hill	Customer Service Rep.

TO REGISTER

All programs require advance registration. You may register by phone or by visiting any recreation center. Checks should be made payable to City of Arlington. A charge will be assessed on all returned checks. Phone registrations are by credit card only.

Senior Recreation Center Eunice (SRCE)

1000 Eunice St.817-277-8091

Senior Recreation Center New York (SRCNY)

2015 Craig Hanking Drive817-460-5009

Parks Department Main Office

717 W. Main St.817-459-5474

Hugh Smith Recreation Center

1815 New York Ave.817-275-1351

Hugh Smith Indoor Pool817-275-0513

Dottie Lynn Recreation Center

3200 Norwood Lane817-277-5001

Cliff Nelson Recreation Center

4600 W. Bardin Road817-561-2819

Elsie Odom Recreation Center

1601 NE Green Oaks Blvd.817-462-3700

Meadowbrook Recreation Center

1400 Dugan St.817-459-5463

www.aceacorn.com

All classes and activities are open to individuals ages 50 and up.

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HANDITRAN

Handitran is a transportation service for seniors and citizens with disabilities. Call 817-459-5390 for rates and information or 817-275-3704 to schedule a ride. Available to qualifying Arlington or Pantego residents.

FACILITY CARDS

Facility Cards are required for participation in all classes and programs at recreation centers. Cards are issued at the time of purchase and are valid for one year.
Senior (55 & up): ...Resident \$12 ...Non-Resident \$20
Adult (18-54):Resident \$14 ...Non-Resident \$32

NOTE: Resident includes anyone who lives within Arlington's incorporated City limits. Proof of residency is required.

REFUNDS

Please be advised that if a class, program or trip is cancelled due to lack of enrollment or other reasons, a full refund or account credit will be issued. No refunds will be given for withdrawals made after the sign-up deadline or for no-shows.

SENIOR CENTER HOURS

New York: Monday through Friday 7:30 am - 4:00 pm
 Eunice: Monday, Thursday, Friday 8:30 am - 10:00 pm
 Tuesday, Wednesday 8:30 am - 5:00 pm

Special programs occur during evening hours. Please contact either senior center for more information.

**Senior Recreation Center Eunice (SRCE)
 Senior Recreation Center New York (SRCNY)**

SATISFACTION GUARANTEED!

If you are not happy with the quality of a program, please tell staff immediately. Give us the opportunity to correct the situation or credit your account for an activity at a later date. We value you as a customer!

Rent the Senior Centers for a variety of activities!



Senior Recreation Center Eunice
1000 Eunice St.
Arlington, TX 76010
817-277-8091

Fees and times vary.
Police officers may be required
for certain rental activities.



Senior Recreation Center New York
2015 Craig Hanking Dr.
Arlington, TX 76010
817-460-5009

- Churches
- Clubs
- Parties
- Retirements
- Graduations
- Reunions
- Meetings
- Weddings
- Anniversaries
- Celebrations

Call the Senior Centers for more information.

Got Medicare?

***Why Not
Make It Better?***



Thanks to a new legislative bill passed by Congress, people with Original Medicare have an extended opportunity to enroll in a Private Fee-for-Service Medicare Advantage Plan. With this type of plan, your health care coverage costs may be lower and you may get additional benefits that aren't available with Original Medicare. The best part is you are still enrolled in the Medicare program with all its rights and protections.

As a SecureHorizons® representative who focuses on Medicare Planning, I've helped many Medicare beneficiaries reduce their health care coverage costs and improve their benefits. Contact me today and we can see if a Secure Horizons® Medicare Advantage Plan can save you money and meet your health care coverage needs.

There is absolutely no obligation, so call today for more information.

**Denise Turpin • denise.turpin@phs.com
972-983-4565 or 972-866-1942**

The above Medicare Advantage Plan is a Private Fee for Service Plan offered by UnitedHealthcare Insurance Company, United HealthCare Insurance Company of New York for New York residents, or PacifiCare Life and Health Insurance Company, Medicare Advantage Organizations with a Medicare contract.

DROP-IN ACTIVITIES

SUPPER CLUB

Dine at various locations around Arlington. Check monthly senior center calendars for complete list of restaurants. RSVP to SRCNY.

Cost: Meal on your own
Location: Various
Day/Time: 2nd Tue each month
 5 pm at restaurant location



BILLIARDS AT SRCE

Did you know the Game Room at SRCE has a freshly covered billiards table? Bring a friend and enjoy a game!

Cost: Free
Location: SRCE
Day/Time: Mon-Fri 8:30 am-5:00 pm



SENIOR GAMES NIGHT

Join us for an evening of Dominoes, Pinochle, Canasta, Bridge, Cribbage and many other games. Bring snacks to share. Coffee is provided.

Cost: Free
Location: SRCE
Day/Time: Mon/Thur
 5:30-9:30 pm

HELPING HANDS FOOD PANTRY

Join the Prime Time lunch group five times and the Breakfast group three times within a month and you can sign up to receive groceries. Spaces are limited and on a first come first serve basis.

Cost: Free
Location: SRCNY
Day/Time: 2nd Fri 11:30 am

DARTS AT SRCNY

Check out our dart boards featuring digital scorekeeping, voice instructions and soft-tipped darts.

Cost: Free
Location: SRCNY
Day/Time: Mon-Fri 7:30 am-4:00 pm

BRIDGE CLUB

Come play cards and socialize with some of the best people in the metroplex.

Cost: Free
Day/Time: SRCE MonTue/Thur/Fri
 1:00-3:30 pm
 SRCNY Wed 12:30-3:30 pm

DOMINOES

Crave a little competition? Join us for some fellowship while playing dominoes.

Cost: Free
Location: SRCNY
Day/Time: Tue 12:30-3:00 pm

VOLUNTEER PROGRAM

Are you looking for a great way to spend your time and give back to your community?

Then join the Parks & Recreation Senior Volunteer Program!

We are looking for volunteers to assist with some of the following programs:

Prime Time Breakfast and Lunch, Bingo, Dances, Special Events, Birthday Parties and Welcome Committee. For more information call SRCE at 817-277-8090 or SRCNY at 817-460-5009.

SENIOR PRIME TIME

BREAKFAST — Come and join us for breakfast with great conversation and fun games. Senior Citizens Services provides breakfast to persons 60+ years of age and their spouse. Reservations are required by noon at least two days in advance - call 817-460-5009.

Cost: \$1 donation appreciated
Location: SRCNY
Day/Time: Mon-Fri 8-10 am

LUNCH — Looking for a great place to socialize while enjoying a healthy lunch? Senior Citizen Services provides lunch to persons 60+ years of age and their spouse. Reservations are required by noon at least one day in advance - call 817-460-5009.

Cost: \$2 donation appreciated
Location: SRCNY
Day/Time: Mon-Fri 11:30 am

NOTE: Breakfast and Lunch will not be served July 4, Sept 3, Nov 22, Nov 23, Dec 24, Dec 25, Dec 31.

SENIOR EDUCATION SESSIONS

Come listen as representatives from community organizations present free educational materials targeted for the mature adult. Check monthly calendars for additional topics.

55 Alive

Need a discount on your auto insurance? You can save up to 10 percent depending on your insurance carrier. Books, videos and participant interaction make class go by quickly! \$10 fee is payable to AARP. Additional administrative fee is \$2 for facility members and \$5 for non-members.

Location: SRCE
Date: 1st Thur and Fri of each month
Time: 1-5 pm

No Cost Energy Improvements

Presented by A Cooler House

Cost: Free
Location: SRCNY
Day/Time: Wed Aug 1, 11 am

Variety of Educational Health Seminars

Presented by The Senior Network, Inc.

Cost: Free
Location: SRCE
Day/Time: TBA

Pandemic Influenza Preparedness

Presented by Tarrant County Public Health Department

Cost: Free **Location:** SRCE **Day/Time:** Fri Oct 26, 10:30 am

COMPUTER CLASSES



Arlington Public Library System



A great place for seniors!

Free computer classes on a variety of topics at the Central Library's Training Center

Special events for adults, such as the Adult Summer Reading Club, author visits, and book clubs

Genealogy collection of census, city, county, and cemetery records plus classes on researching family origins on the Internet

Income tax preparation help provided to seniors by AARP volunteers, beginning each February

Volunteer opportunities at all locations to prepare new books, shelve books, and help with programs

Library locations:

George W. Hawkes Central Library 817-459-6900
East Arlington Branch 817-275-3321
Lake Arlington Branch 817-478-3762
Northeast Branch 817-277-5573
Southeast Branch 817-459-6395
Woodland West Branch 817-277-5265

www.arlingtonlibrary.org

INTRO TO PC

If you have never touched a computer, don't worry - you are in the right place! Have fun while getting hands-on training in the basics of computing and Windows XP. Start by gaining an understanding of how your computer works. Learn to use a keyboard and mouse and you will learn to make your computer do what you want it to do!

Cost: \$35/month
Location: SRCE
Day/Time: Mon/Fri 1:00-2:30 pm

INTERNET 101

Have you always wanted to explore the World Wide Web? Have you wondered what is the Internet? Then this course is for you. We'll start with an introduction to the Internet and then you'll begin your journey through one of the most widely used methods of communication in the world. Instruction is provided in a fun, slow-paced atmosphere. Learn how to search for information, look up a local business online, get directions and set up an e-mail so that you can exchange messages, pictures and more with friends and family. Even if you do not own a computer this course will help you to use the Internet wherever one is available for you to use.



Prerequisite: Intro to PC class or basic computer skills
Cost: \$35/month
Location: SRCE
Day/Time: Mon/Fri 3:00-4:30 pm

Computer Lab

Available at both senior centers when classes are not in session. Check centers for details.

TRIPS

TEXAS CIVIL WAR MUSEUM & THE MINT

Cost: \$12
Location: Depart from SRCNY
Time: 8:30 am-3:30 pm
Date: Tue, June 26

JUBILEE THEATRE

Cost: \$18
Location: Depart from SRCNY
Time: 3:30-9:00 pm
Date: Sat, July 14

CHOCTAW CASINO TRIP

Cost: \$20
Location: Depart from SRCE
Time: 7 am-8 pm
Date: Tue, July 17

FORT WORTH MUSEUM OF SCIENCE & HISTORY

Cost: \$24
Location: Depart from SRCNY
Time: 8:30 am-3:30 pm
Date: Fri, July 27

MEDIEVAL TIMES

Cost: \$40
Location: Depart from SRCE
Time: 10 am-4 pm
Date: Wed, Aug 8

OVERNIGHT CASINO TRIP

Cost: \$40 single occ
 \$50 double occ.
Location: Depart from SRCE
Time: 6 am-6 pm
Date: Tue-Wed, Aug 14-15

RANGER'S BASEBALL GAME

Cost: \$15
Location: Depart from SRCNY
Time: 5:30-11:00 pm
Date: Tue, Aug 28

LAKE TEXOMA FISHING TRIP

Cost: \$45
Location: Depart from SRCNY
Time: 8:30 am-5:00 pm
Date: Mon-Tue, Sept 10-11

CHOCTAW CASINO TRIP

Cost: \$20
Location: Depart from SRCE
Time: 7 am-8 pm
Date: Tue, Sept 18



IKEA & STONE BRIER MALL TRIP

Cost: \$10
Location: Depart from SRCNY
Time: 10 am-3 pm
Date: Wed, Sept 26

TEXAS STATE FAIR

Cost: \$10
Location: Depart from SRCE
Time: 8:00 am-3:30 pm
Date: Thur, Oct 11

THE LION KING

Cost: \$45
Location: Depart from SRCNY
Time: 12-6 pm
Date: Sun, Oct 21

GRANBURY PADDLE BOAT CRUISE

Cost: \$35
Location: Depart from SRCE
Time: 12:30-6:00 pm
Date: Tue, Nov 6

CHOCTAW CASINO TRIP

Cost: \$20
Location: Depart from SRCE
Time: 7 am-8 pm
Date: Tue, Nov 13

COLLIN ST. BAKERY & RUSSELL STOVER'S CANDY FACTORY

Cost: \$15
Location: Depart from SRCNY
Time: 7:30 am-3:00 pm
Date: Thur, Nov 15

GAYLORD TEXAS AT CHRISTMAS

Cost: \$10 trip fee; \$28 includes ice show tickets
Location: Depart from SRCE
Time: 4:30-9:30 pm
Date: Fri, Dec 7

RED HAT SOCIETY DAY TRIPS

We believe silliness provides comic relief for life and we share a bond of affection forged by common life experiences. Our official chapter name is The Arlington Day Dreamers. We enjoy monthly outings or social events around the Metroplex and at the Senior Centers. Our ladies can always be seen clad in their red hats and purple ensembles as they keep up the spirit of the Red Hat Society.

Cost: \$10
Location: Depart from SRCE
Time: Generally 11:30 am
Day: Wednesdays

FALL TRIPS:

Planetarium at UT Arlington
 Wed, August 15
 Kimball Art Museum
 Wed, September 19,
 Potluck Lunch at Eunice
 Wed, October 17
 Gaylord Texas – Grapevine
 Wed, November 14
 Artisan Theatre and Carl's
 Steakhouse
 Sat, December 8

All trips are on
 a charter motor coach
 or City vehicle.

Join us for...

Winter Break 2008

in Laughlin, Nevada!

Make plans now to join us for Winter Break 2008, a festival that celebrates living life to the fullest for the 50+ age group! This event educates, stimulates and offers non-stop entertainment for baby boomers and mature seniors alike. Winter Break activities include dancing, bingo, slot tournaments, cooking classes, wine tastings, Red Hat Society events, singles functions, a classic car show and much more!

January 6-10, 2008

Includes four nights and five days accommodations, round-trip airfare and transfers, Winter Break activities wristband, taxes and gratuities.

Double and Single occupancy rooms available

Payment Plan option

\$100 non-refundable deposit due October 15, 2007

For more information on Winter Break, contact Senior Recreation Center Eunice:

817-277-8091

www.aceacorn.com



SENIOR RECREATION CENTER EUNICE

monthly calendar of programs and classes

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	* Yoga * Craft Club NARFE Meeting (3rd Mon)		*Yoga		Navy Moms Meeting (2nd Fri)
9:30 am				* Exercise	
9:45 am	* Exercise		* Exercise		
10:00 am		Art Club \$10/month	Men's Club Meeting (2nd Wed)		
10:30 am	* Weight Room Class	* Pilates	* Weight Room Class	* Pilates	
11:30 am	Ukulele Lesson				
12:30 pm	Ukulele Band				
1:00 pm	* Watercolor Painting		* Oil Painting	* 55-Alive (1st Thur) Senior Men's Golf (1st Thur) Bridge	* 55-Alive (1st Fri) Bridge
1:30 pm	Bridge	* Line Dance			
2:00 pm	Kitchen Band	Retired Teacher Assn. (3rd Tue)	* CW Dance	OLE Timer Meeting (3rd Thur)	
3:00 pm			* Ballroom Dance		
5:30 pm	Game Night * Step & Stretch			Game Night * Step & Stretch	
7 pm	Merry Rounders				* Friday Night Dance
7:30 pm				Round Dance	

* Prices included in class descriptions below.

BALLROOM DANCE LESSONS — Come and join us for an afternoon of social dancing. Learn different forms of dance including the Fox Trot, Waltz, Swing, Push, Jitterbug, Rumba, Mambo, Cha-Cha, Tango, Samba, Salsa and Merengue. Wed 3-4 pm

BRIDGE CLUB — See page 3. Mon/Tue/Thur/Fri 1-3 pm

CRAFT CLUB — Join this group to knit or crochet hats, blankets and booties for area charities. Our sponsor, National Semi Conductor, provides yarn and supplies as needed. Free. Mon 9:00 am-12:30 pm

COUNTRY AND WESTERN DANCE LESSONS — Come learn the 2-Step, 3-Step, Double 2-Step, Country Waltz, Cotton-Eyed Joe, Schottische, Texas Polka and Line dances. Wed 2-3 pm

EXERCISE @ SRCE — Gain flexibility, strength and stamina. You may bring your own exercise mat, hand weights and jump rope. \$8/month, Mon/Wed 9:45-10:30 am & Thur 9:30-10:15 am

FRIDAY NIGHT BAND DANCE — Live bands perform each week and theme dances occur frequently. Light refreshments served. \$5 per person, 7:00-9:30 pm

LINE DANCE — A step-by-step method for learning fun and dynamic line dances. \$1/class, Tue 1:30-3:00 pm

OIL PAINTING CLASS — Capture your favorite picture with paint. \$28/month, Wed 1-4 pm

PILATES — See page 9. \$8/month, Tue/Thur 10:30-11:15 am

SENIOR STEP & STETCH — See page 9. \$8/month, Mon/Thur 5:30-6:15 pm

WATERCOLOR PAINTING CLASS — Control the flow of color with water and discover different looks by using a variety of papers and painting techniques. \$28/month, Mon 1-4 pm

WEIGHT ROOM CLASS — See page 9. \$8/month, Mon/Wed 10:30-11:15 am

YOGA CLASS — Diminish stress and bring your mind, body and soul together. You'll notice a difference in your breathing and the way you relax. \$8/month, Mon/Wed 9:00-9:45 am

SENIOR RECREATION CENTER NEW YORK

monthly calendar of programs and classes

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	Breakfast \$1 Donation Fitness Walking	Breakfast \$1 Donation	Breakfast \$1 Donation Fitness Walking	Breakfast \$1 Donation	Breakfast \$1 Donation Fitness Walking
8:30 a m		* Balanced Power		* Balanced Power	
8:45 am	* Strength Training		* Strength Training		* Strength Training
9:30 am					Senior Movies (1st Fri)
9:45 am	* Tai Chi				* Tai Chi
10:00 am	Parkinson's Support & Exercise		Wednesday Dance	Stitch 'N Beads	Bingo (3rd & 5th Fri) Birthday Parties (4th Fri)
10:30 am		Joyful Singing			
11:15 am			Blood Pressure (1st Wed)		
11:30 am	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation Food Pantry (2nd Fri)
12:30 pm		Dominos	Bridge Club	* TX Hold'em	
2:00 pm				Parkinson's Support & Exercise	
3:00 pm		* Tuesday Dance			
5:00 pm		Pot Luck Bingo (4th Tue)			

* Prices included in class descriptions below.

BALANCED POWER — Hand weights and resistance bands are used to achieve endurance, strengthening, body alignment, coordination and deep stretching. \$8/month, Tue/Thur 8:30-9 am

BINGO — Bring nonperishable grocery items to be used as bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc. Free, every 3rd and 5th Fri 10:00-11:30 am

BRIDGE CLUB — See page 3. Wed 12:30-3:30 pm

PARKINSON'S SUPPORT & EXERCISE — Class meets twice a week. Special program on the 2nd Monday each month. Free, Mon 10-11 am, Thur 2-3 pm

POT LUCK BINGO — Dinner starts at 5 pm; play Bingo after dessert! **Bring a potluck dish and a non-perishable item** to be given as a prize. Free, 4th Tue (except Nov/Dec), 5-8 pm

SENIOR STITCH-N-BEADS — Get new ideas for gifts as well as items to sell. Work independently on your own crafts while socializing with others. Free, Thur 10:00-11:30 am

STRENGTH TRAINING — Incorporates light cardio with hand weights, exercise bands/poles and chairs. \$8/month, Mon/Wed/Fri 8:45-9:30 am

TEXAS HOLD'EM — Want to play Texas Hold'em but don't know how? Come join us at SRCNY and learn to play. Leave your cash at home but bring your poker face. \$4/month, Thur 12:30-1:30 pm

TAI CHI — The movement of Tai Chi is gentle on the muscles and effective in increasing mobility, flexibility, coordination and bone density without causing fatigue. Improve posture and balance with easy flowing movements. \$12/month to attend either Mon or Fri class, \$20/month to attend both, 9:45-10:45 am

TUESDAY DANCE — Dance to your favorite records or songs each month at SRCNY. Light refreshments served. \$1, 2nd Tue 3-5 pm

WEDNESDAY DANCE — Dance to Country Western, Big Band and your favorite hits. Our D.J. spins the records while you enjoy line dancing, chair dancing and partner dancing. Great socialization! Free, Wed 10-11:30 am

EXERCISE

BALANCED POWER

Hand weights and resistance bands are used to achieve endurance, strengthening, body alignment, coordination and deep stretching.

Cost: \$8/month
Location: SRCNY
Day/Time: Tue/Thur 8:30-9:15 am

EXERCISE @ SRCE

Gain flexibility, strength and stamina. You may bring your own exercise mat, hand weights and jump rope.

Cost: \$8/month
Location: SRCE
Day/Time: Mon/Wed 9:45-10:30 am, Thu 9:30-10:15 am

PILATES

Pilates focuses on core strength and stability. Our class will emphasize working at a basic level while building a strong foundation to increase your core strength. Each student should visit with the instructor regarding their individual needs and limitations.

Cost: \$8/month
Location: SRCE
Day/Time: Tue/Thur 10:30-11:15 am

Remember to consult your doctor before beginning any new exercise program.

SENIOR EXERCISE AT DLRC

Group exercise class for seniors includes flexibility, balance and strength done to big band and swing music.

Cost: \$10/month
Location: Dottie Lynn Rec Center
Day/Time: Tue/Thur 8-9 am

NEW! STEP N STRETCH

Stop by after work for a relaxing, highly effective evening workout designed to help reduce stress, rejuvenate and tone. This class uses low-impact exercises to help you get and stay in shape.

Cost: \$8/month
Location: SRCE
Day/Time: Mon/Thur 5:30-6:15 pm

STRENGTH TRAINING

Incorporates light cardio with hand weights, exercise bands/poles and chairs.

Cost: \$8/month
Location: SRCNY
Day/Time: Mon/Wed/Fri 8:45-9:30 am

STRENGTH TRAINING PLUS

Increase your cardiovascular fitness level with non-impact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of class.

Cost: You must purchase a fitness membership
Location: CNRC
Day/Time: Mon/Wed/Fri 9-10 am

TAI CHI

The movement of Tai Chi is gentle on the muscles and effective in increasing mobility, flexibility, coordination and bone density without causing fatigue. Improve posture and balance with easy flowing movements.

Cost: \$12/month either Mon or Fri class; \$20/month both
Location: SRCNY
Day/Time: Mon/Fri 9:45-10:45 am



WEIGHT ROOM CLASS

Learn how to use the exercise room at SRCE in a fun class setting. Class consists of free weights, cardio equipment and proper use of the machines.

Cost: \$8/month
Location: SRCE
Day/Time: Mon/Wed 10:30-11:15 am

YOGA CLASS

Diminish stress and bring your mind, body and soul together. You will notice a difference in your breathing and the way you relax.

Cost: \$8/month
Location: SRCE
Day/Time: Mon/Wed 9 am

HEALTH AND WELLNESS

BLOOD PRESSURE CHECK

Free blood pressure checks are offered on the first Wednesday of the month on a first come, first serve basis.

Cost: Free
Location: SRCNY
Day/Time: 1st Wed of the month 11:15-11:45 am



FLU and PNEUMONIA SHOTS

Get your Flu and Pneumonia shots at the Senior Center New York! Flu shot is \$20, Pneumonia shot is \$38. Fees are payable at time of shot; however, if you are on Medicare Part B the shots will be free (you must show Medicare card). No Facility Card required; shots are available to all ages.

Cost: Varies
Location: SRCNY
Day/Time: Mon Nov. 5, 10 am-2 pm

AQUA EXERCISE

Aqua Exercise Classes — Hugh Smith Indoor Pool

■ **Aqua Exercise:** Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems. **Day/Time:** Mon/Wed: 8 am, 9 am, 7 pm; Tue/Thur: 6 pm; Fri 8 am, 9 am; Sat 8 am

■ **Low Level Aqua Exercise:** Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems. **Day/Time:** Tue/Wed: 8 am. No babysitting available.

■ **Deep Water Aqua Vest Exercise:** Includes deep water warm-up, serious aerobics, walking, jogging and cool down. Moderate to strenuous workout. Flotation belt provided. **Day/Time:** Tue/Thur: 7 pm

■ **Arthritis Aqua Exercise:** Program developed using Arthritis

Foundation guidelines designed to maintain and increase joint mobility and reduce pain. You'll enjoy the group camaraderie as you play games and relax in 86 degree water. No babysitting available.

Day/Time: Mon/Wed/Fri at 12:15 pm; Tue/Thur at 9 am

Lap Swim Fees

\$3.50 ages 12 & up with Facility Card

\$6 for guests with no Facility Card

\$85 annual swim pass
ages 55 & up

AQUA EXERCISE FEES

1 class.....\$5
8 classes.....\$30
12 classes.....\$39
24 classes.....\$69.60

\$45 monthly unlimited land & water aerobic membership.

- ✓ Facility Card required.
- ✓ Aerobic membership valid for one year.
- ✓ Free babysitting (excluding Low Level Exercise and Arthritis Aqua Exercise).

Hugh Smith Indoor Pool & Lap Swim Schedule

(Facility Card required)

DAY	OPEN SWIM	LAP SWIM
Mon	10-11:30 am*	11:30 am-12:15 pm, 6-7 pm
Tue	10-11:30 am*	11:30 am-12:30 pm
Wed	10-11:30 am*	11:30 am-12:15 pm, 6-7 pm
Thur	10-11:30 am*	11:30 am-12:30 pm
Fri	10-11:30am*, 6-8 pm**	11:30 am-12:15 pm
Sat	1-5 pm	5-6pm
Sun	3-5 pm	

*Adults and preschoolers with parents only **Family night swim \$2.50 per person

MEMBERSHIPS

Weight Room Hours

SRCE: M/Th/F 8:30 am-10:00 pm
Tu/W 8:30 am-5:00 pm

SRCNY: M/W/F 6:30 am-9:00 pm
(HSRC) Tu/Th 8 am-9 pm
Sat 9 am-6 pm

Personal Trainer at SRCE

Want to learn how to safely use the weight room equipment? Need help with your current exercise routine?

Sign up for a personal training session at \$15 an hour!

Call 817-277-8091

SRCE Weight Room Memberships

■ \$12/month, \$60/6 months or \$120/annual memberships

■ Matinee hour special Mon-Fri
1-3 pm only \$8 / month

■ Day passes available.



HSRC, CNRC, DLRC Fitness Memberships

Total Fitness

(all aerobic and non-aerobic classes)
\$35/mo or \$350/yr

Aerobic Membership

\$25/mo or \$250/yr

Weight Room Membership

\$12/mo or \$120/yr

See calendars on pages 7 & 8
for all regularly scheduled
exercise classes.

MUSIC

SENIOR JOYFUL SINGING

Sing along to your favorite old time and new hymns.

Cost: Free

Location: SRCNY

Day/Time: 1st Tue each month, 10:30-11:30 am

SENIOR KITCHEN BAND

You'll be full of laughs and smiles as you join Arlington's very own kitchen band. Bring along a harmonizing voice and any kitchen bowl and spoon to bang around on. This group performs for special events at the centers and in the area.

Cost: Free

Location: SRCE

Day/Time: Mon 2-4 pm

SENIOR UKULELE BAND

Hawaiian Music is relaxing and you can learn how to play it yourself on a ukulele! Join this group for fun and socialization.

Free lessons at 11:30 am.

Cost: Free

Location: SRCE

Day/Time: Mon 12:30-2:00 pm



DANCE

WEDNESDAY DANCE

Dance to Country Western, Big Band and your favorite hits. Our DJ spins the records while you enjoy line, chair and partner dancing. Great socialization!

Cost: Free

Location: SRCNY

Day/Time: Wed 10:00-11:30 am

SENIOR FRIDAY NIGHT BAND DANCE

Live bands perform each week and theme dances occur frequently. Light refreshments served.

Cost: \$5

Location: SRCE

Day/Time: Fri 7:00-9:30 pm

NEW! SENIOR TUESDAY DANCE

Come out and meet your friends at the Senior Recreation Center New York for an afternoon of fun as you dance to your favorite records or songs. We are sure to play something for everybody. Light refreshments served.

Cost: \$1

Location: SRCNY

Day/Time: 2nd Tue each month, 3-5 pm



Live FUN at Hearthstone Assisted Living!

Hearthstone Assisted Living offers a variety of services and programs for seniors.

- Assistance with Bathing, Dressing, Grooming
- Customized Care Plans
- Wellness Checks
- Medication Supervision
- Restaurant Style Dining
- Socialization & Events
- Transportation
- Amenities Galore

And Much, Much More!

**Call today and ask about
Veterans Benefits 817-469-7671**

1401 W. Arkansas Lane • Arlington, TX 76016
crd.arlington@hscsal.com • www.hearthstoneassisted.com

Hearthstone
ASSISTED LIVING
at Arlington

CELEBRATIONS

THANKSGIVING FEAST

Leave cooking and cleaning behind. Join us at the SRCNY for the Annual Senior Thanksgiving Feast! Register in advance to guarantee your spot.

Cost: \$2 suggested donation
Location: SRCNY
Day/Time: Fri Nov. 16, 11 am-1 pm



DECK THE HALLS

Join us as we sing carols, trim the tree and decorate the center for the holidays. Light refreshments served.

Cost: Free
Location: SRCE
Day/Time: 10:00-11:30 am, Wed Dec. 5

New Years Eve Dance

Ring in the new year
at the annual Gala and Dance!

Cost: \$15

Location: SRCE

Day/Time: Mon Dec. 31, 8 pm-12 am

Tickets go on sale Oct. 1.

Annual fundraiser for the Senior Advisory Board



MAYOR'S HOLIDAY LUNCHEON

Join Mayor Robert Cluck during this annual holiday luncheon with festive entertainment and door prizes. Space is limited.



Cost:
Free

Location:
SRCE

Day/Time:
Wed Dec. 19
11:30 am-1:00 pm

BIRTHDAY PARTIES

Is it your Birthday?



Come join our Birthday celebrations every month at SRCNY. Listen to fun music while playing games and enjoying cake and punch. Bring your friends and family too. It's free!

Day: 4th Fri each month

Time: 10:00-11:30 am

**Please see monthly calendars at Senior Centers
for other holiday celebrations.**

NEW

SENIOR CRAFT SALE SRCNY

Seniors will be offering craft items for sale at Senior Recreation Center New York. Finish your holiday shopping as you browse among crochet items, purses, jewelry, and more!

Dec. 6 from 9 am to 2 pm



ORGANIZATIONS

NARFE - The National Association of Retired Federal Employees meets the 3rd Mon of each month, at 9 am at SRCE.

OLETIMER'S - This group of Arlington natives meets on the 3rd Thur of each month at 2 pm at SRCE.

NAVY MOM'S - Mothers of active, reserved or retired Navy, Marine, and Coast Guard meet on the 2nd Fri of each month at 9 am at SRCE.

RSEA - Retired School Educators of Arlington meet on the 3rd Tue of each month at 2 pm at SRCE. (Does not meet June - August)

SENIOR MEN'S CLUB - Meetings are held on the 2nd Wed of each month at 10 am at SRCE.

SENIOR MEN'S GOLF - Meetings are held on the 1st and 5th Thur of each month at 1 pm at SRCE.

SENIOR ADVISORY BOARD

Join the Senior Advisory Board
and help make great changes
and raise money for the senior centers!

Meetings are held
on the 2nd Wednesday
of each month at 2 pm.

Meeting locations
alternate between SRCNY and SRCE.
See monthly activity calendars for locations.

**Check out the
37th Annual Senior Craft Fair!
Details on back cover.**

**Check out our
Craft Club
display
cases!**

**at SRCE
and SRCNY**



**Open House
Wednesday, Sept. 12
9 am to 12 pm**

Come and enjoy FREE
class demonstrations,
wellness checks and get 10% off
all classes and memberships

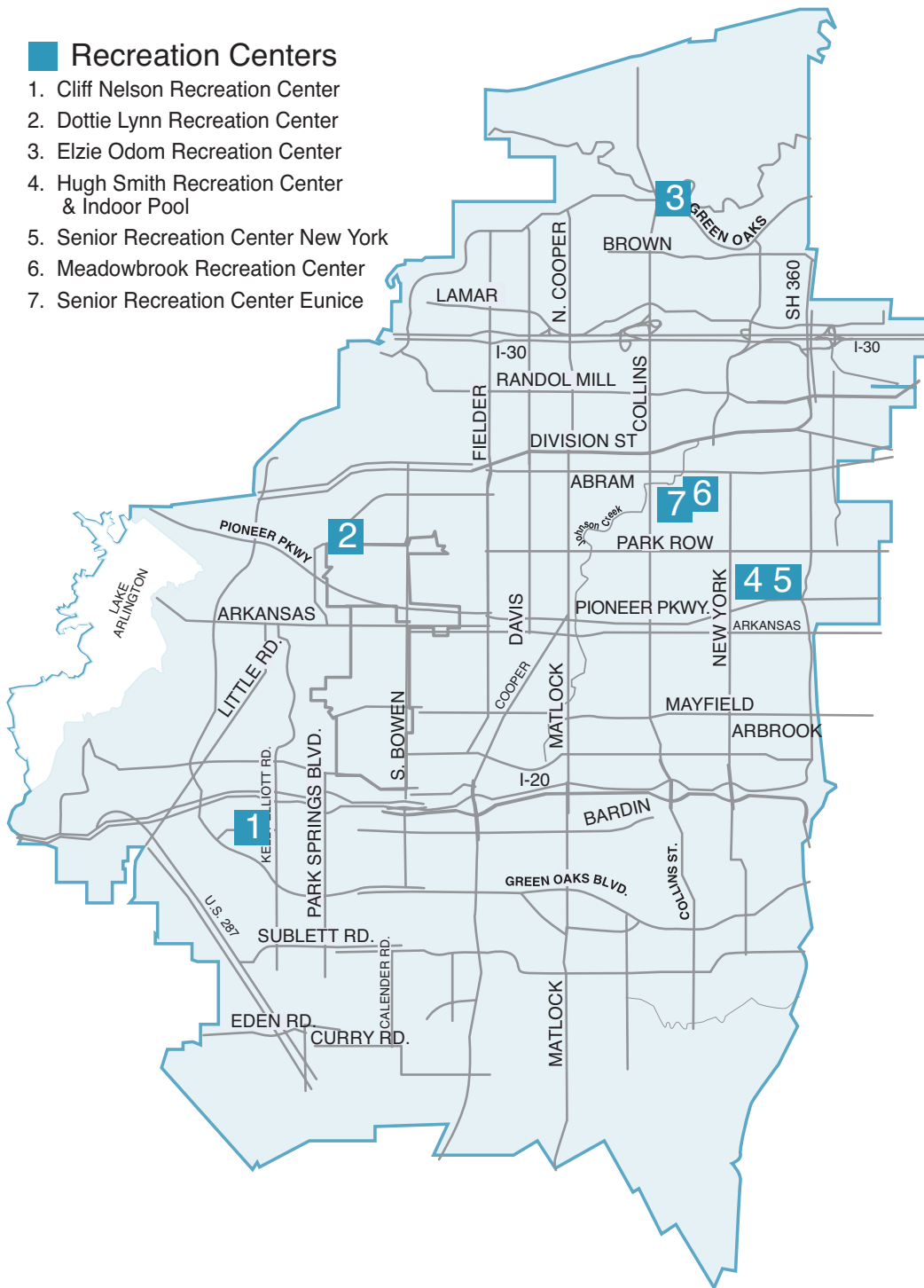
Bring a new member to open house
and you both receive an additional 5% off
your annual facility membership.

**Discounts valid on Sept. 12 only.
This offer not valid with any other discounts.
Discounts are not applied to trips
or destination travel.*

FACILITY MAP

Recreation Centers

1. Cliff Nelson Recreation Center
2. Dottie Lynn Recreation Center
3. Elzie Odom Recreation Center
4. Hugh Smith Recreation Center & Indoor Pool
5. Senior Recreation Center New York
6. Meadowbrook Recreation Center
7. Senior Recreation Center Eunice



Smile!

You may be captured
by our camera!

The Parks and Recreation
Department routinely
takes photos and video
of participants
and visitors in our
programs and facilities
for promotional purposes.

Please be aware that
by participating or utilizing
our facility, you are granting
the City of Arlington and
its agents the right to use
and publish your image
or your minor children's
image, and that no
monetary remuneration
will be given.



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The City of Arlington Parks and Recreation Department welcomes people of all ability levels to participate

together in our wide variety of quality recreational opportunities. We will fully comply with the Americans with Disabilities Act in making reasonable accommodations. Participants requesting special accommodations and/or adaptations must complete a Special Accommodations Request Form. If you would like to request special accommodations, please contact the Parks and Recreation Administrative Office at 817-459-5472.

37th Annual Senior Craft Fair



Saturday, October 6

Senior Recreation
Center Eunice
1000 Eunice

9 am - 4 pm

For vendor information
please call 817-277-8091



New Member Discount!

Sign up for a facility membership with a friend
and you both will, receive a 10% discount!

**Offer not valid during Open House. See page 13 for Open House information.*

Expires 12/31/2007

05-0100
City of Arlington Parks & Recreation
P.O. Box 90231
Arlington, TX 76004-3231

www.aceacorn.com